



## ***News Release***

**Office of Councilmember Rose Herrera**

**For Immediate Release:**

**May 15, 2012**

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### **Councilmember Rose Herrera Hosts 4<sup>th</sup> Annual Senior Health Fair & Walk**

**SAN JOSE, CA** – Councilmember Rose Herrera will host the 4<sup>th</sup> Annual Free Senior Health Fair & Walk on Saturday, May 19, 2012 from 8:30 a.m. – 11:30 a.m. at Eastridge Mall, 2200 Eastridge Loop, San Jose (Entrance C by Barnes & Noble/Bed, Bath & Beyond).

“Seeing our parents or grandparents taking the initiative to stay healthy through walking can be inspiring to the younger generation,” states Councilmember Herrera, “I know I want my grandsons to see me staying active and healthy!”

The day will start with a complimentary breakfast from Fresco World Market. Then, YMCA East Valley Family’s Zumba instructor, David Monarrez and his team will be leading a group exercise portion of the program with a Tai Chi warm up led by the Evergreen Village Square Tai Chi.

After the warm-up, participants will walk the mall, stopping at exercise stations along the route. This event is meant to be an introduction to an ongoing routine of mall walking where seniors can come early to Eastridge year-round and enjoy the safety of even surfaces and controlled temperatures along with the camaraderie of others who enjoy this form of exercise. Eastridge Mall is open to walkers at 6:00 a.m., seven days a week.

Along with the encouragement to walk their way to wellness, attendees will have the opportunity to meet over 30 organizations that will be on hand to share resources specific to the needs of seniors. From advice on housing to transportation to nutritional and health advice, there’s something to learn at every table. Event sponsors include the City of San José, Eastridge Mall, Kaiser Permanente, Fresco World Market, Breathe California and El Observador.

Over three hundred active seniors attended this event last year and this year's attendance is expected to reach that and more!

“Our increasingly sedentary lifestyles are taking a toll on our bodies. I want to encourage our senior community to keep moving and stay healthy,” says Councilmember Herrera.

### **About Councilmember Rose Herrera**

Councilmember Rose Herrera represents District 8 in the City of San José. Councilmember Herrera currently Chairs the Community and Economic Development Committee, the VTA Audit Committee, Vice Chair of the Transportation and Environment Committee, a member of the Mayor's Gang Task Force, the Santa Clara County Transportation Advisory Board, CalTrain Joint Powers Board, is a voting delegate to the League of California Cities and the Founder and President of the League of California Cities' Women's Caucus. Councilmember Herrera has been recognized by Silicon Valley Business Journal as a one of the “Women of Influence for 2012.” For more information go to: <http://www.sanjoseca.gov/district8/>.

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